



Statistics Report 01267, Cheese, mexican, queso cotija

Report Date: July 16, 2017 18:19 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	800	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Iron, Fe	mg	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Magnesium, Mg	mg	38	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Phosphorus, P	mg	729	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Potassium, K	mg	125	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Sodium, Na	mg	1400	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Zinc, Zn	mg	3.87	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Copper, Cu	mg	0.238	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Selenium, Se	µg	17.7	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Thiamin	mg	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Riboflavin	mg	0.486	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Niacin	mg	0.114	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Folate, total	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Folate, food	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Vitamin B-12	µg	2.26	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Vitamin A, RAE	µg	229	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Retinol	µg	223	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Carotene, beta	µg	73	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Vitamin A, IU	IU	865	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin K (phylloquinone)	µg	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Lipids													
Fatty acids, total saturated	g	17.500	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
4:0	g	1.583	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
6:0	g	0.592	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
8:0	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
10:0	g	0.544	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
12:0	g	0.825	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
14:0	g	2.745	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
16:0	g	7.747	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
18:0	g	3.409	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Fatty acids, total monounsaturated	g	8.333	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
16:1 undifferentiated	g	0.521	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
18:1 undifferentiated	g	7.627	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
20:1	g	0.185	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Fatty acids, total polyunsaturated	g	1.187	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
18:2 undifferentiated	g	0.989	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
18:3 undifferentiated	g	0.199	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Cholesterol	mg	100	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	05/2013